



### **Crock-Pot Beef Stew**

There is nothing like coming home after a long day and finding dinner ready and waiting for you. I know lots of my friends use their crock-pots throughout the week (as opposed to just for Shabbat). I finally decided to try out a non-cholent recipe. Success!!!

#### Ingredients:

- 8 sprigs of thyme
- 1 c apple juice
- 2 c chicken consommé
- 2 lbs beef cubes
- 2 large onions thinly sliced
- 4 carrots sliced
- 1/2 tsp each salt and pepper
- 3 tbsp flour

#### Directions:

1. Put all of the ingredients into your crock-pot.
2. Cook for 4-5 hours on high or 7-8 hours on low.
3. Enjoy it with some rustic bread for soaking up the excess liquid.

**Serves 4-6.**